

Core Stability and Strength

Progression One: Drawing in Isometric hold with limb movement

Exercise One: Sets _____ Reps _____ Duration _____
 Drawing in (step 1) Drawing in (step 2)



Exercise Two: Sets _____ Reps _____ Duration _____
 Supine leg slide Single leg knee to chest



Exercise Three: Sets _____ Reps _____ Duration _____
 Prone alt lower extremity Prone alt upper extremity



Prone alt upper and lower ext.

